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a Lesson in the University of The New Covenant
Theodore Cottingham, November 21, 2003
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1. Worship and praise, spirit and truth.
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Worship and praise, spirit and truth—of Me, to Me, with Me, for Me, of us, for us—moving, targeting the powers that have held back—to diminish and destroy no more the lives who will worship, worship, worship and praise, in spirit and truth.

2. Power and might to those who will worship and praise in spirit and truth.
Power and might to those who will worship and praise in spirit and truth.
Power Ted, power reader/hearer, power every person: power, power, power—to those who will worship and praise in spirit and truth.

3. Spirit and truth, spirit of praise, spirit of worship come upon you now—to enter and give voice to Me, in you now, to flow, flow, river, and be silent no more, no more, no more silence from those in My earth that will worship Me in spirit and truth and withhold nothing from Me.

4. Worship and praise, spirit and truth, come forth now in you—in might, in power, in deafening not-silence—but a roar of praise and might and power going forth into the earth, into the heavens, into My throne room, into My quarters, My chambers, and interacting with Me and Me prevailing on the conduit of My praise to My praisers who will worship Me in spirit and truth.

5. Think that I am not power? Oh come, oh come, oh see, oh taste, oh taste, oh experience My power to purify, to teach, to reach your innermost depths of loneliness and hurt and rejection and wounds of intentional inflictions of social injustice, and pits and scars remaining from loveless people who know Me not.

6. I come, I call, and I praise the praisers who will praise Me in spirit and truth, and allow Me to reach and touch and salve the innermost of their innermost being—with Me. Arise to Me—Me touching, healing, restoring—into My design, in power, power, power.

7. That is power My friend, My beloved, My who-I-want-to-touch-Me, My wounded, My lambs, My tired, My downtrodden, My humble-before-Me, My who-will-come and see and taste and benefit from experiencing Me, in My chambers, arrested totally fully absolutely—with Me and the intoxication of My pure love, pure love, pure love which sets free, sets free—and heals—and wounds hurt no more, healed in My presence, healed with My living water, salve applied from My hands.

8. Oh come, oh little ones, in wherever whatever you think you are, and have and don't have, and experienced whatever you have experienced—I come, I call, I present Myself to you to allow Me to heal you, heal your heart, heal your soul, heal your thinking mind,

and replace patterns of systematic destruction with patterns of righteousness—replace principles of pretense with principles of holiness, and allow righteousness and holiness to permeate your patterns of thinking, so that you thrive in moments, minutes, hours, and a lifestyle of worship and praise in spirit and truth.

9. Putting Me first, so I can put you first—
elevating Me in you, so I can elevate you in Me—
transferring, transcending, transforming.
Oh I have more, I have more for you.

10. Come, come, come and hesitate not at My calling to you in intimacy today, to intimacy with Me, and allow Me to worship you as you worship Me. I come and I kneel before you to wash your feet and cleanse your heart and every fiber of your soul, and apply salve of Me—to you—to your innermost—to your circumstances—to your life now—so your life now with Me will be a prelude of life with Me forevermore.

11. Tender joys, tender joys, many joys and much kindness, much tenderness, affirmation unlimited—if you worship Me in spirit and truth—letting rivers of praise flow through you, through you, not manufactured by you, but flowing through you—if you let Me, if you let Me.

12. Will you let Me, will you let Me, will you eat these words to fabricate them as a part of your heart's fiber—so that you can ingrain truth, and patterns of unrighteousness destroy, patterns of unholiness destroy—and let righteousness and holiness prevail on wings and rivers of spirit and truth?

13. Worship and praise, in spirit and truth.
Worship and praise, in spirit and truth.
Worship and praise, in spirit and truth.
Flow, flow, flow.

14. Come—open to Me and let Me flow through for healing the memories of pain past, pain present, and walk through your future arm-in-arm, hand-in-hand, dancing together—oh so tenderly.

15. Tell them, tell them—tell them Ted how you danced with Me, today—so tenderly, so tenderly, so lovingly, so truly, truly, truly in love. Tell them, show them, heal them as you reveal your tenderness with Me, and shrink not back from foul odious ones who may mock and revile.

16. I am Me, I am Me—I am Me and Ted, you are you, and you sought to be you, fully you, so long—and now, you are. Move forward and reveal our intimacy together and hesitate never to detail the nuances, and picture paint of our times together—your tears—your movements of hand and feet and issuing Me your heart—and flinging Me your words—giving Me your ears and mouth and tongue.

17. Oh worshippers—open Me more to flow through you in might and power and prophetic acts of beauty, designed by Me for the open-to-Me, the open-to-Me, the open-to-Me. Oh come, river Me in spirit and truth on rivers of worship and praise. Think you not that worship and praise is matured in you, in your church or group or organization. You are, you may be, possibly, just beginning—you are many places, spread out across spectrums.

18. But today, 21 November 2003, I call and I promise I ride on rivers of worship and praise in spirit and truth that come and knock on you and yours and your groups, and you will answer and open, or you will "play it safe" and be sorry, sorry, sorry in the new and many new things I am doing, as I call My bride to maturity more, more, more in spirit and truth—flowing in and out and through and on and under and around and permeating in worship and praise.

19. Worship and praise.
Worship and praise.
Worship and praise flow—.

20. Worship and praise.
21. Worship and praise.
22. Worship and praise flow—Me, Me, for Me, with Me—worshippers and praisers and those who want purity and healing and more of Me—maturity, maturity, maturity.

23. Oh come, call, seek, search, prevail, tenacious, tenacious, tenaciously pursuing Me, and allow Me to define, refine, worship and praise in you and yours so that rivers of spirit and truth flow as Me—one, one. Ted, My beloveds who want to experience these words—call, come, bow—release religion, release traditions, release the past paradigms of promises held untrue, and allow Me to commune with you in spirit and truth.

24. Come, call—be healed.
Come, call—worship.
Come, call—bow—and praise.
Come—and let's dance together—so tenderly, so gracefully—so prophetically—so powerfully—with healing flowing, flowing, flowing between us—on our hearts' exchanges of love pure.

25. Thank you—I rejoice.
Thank you—I rejoice.
I, I, I rejoice—thank you for dancing.
Thank you for praising.
Thank you for worshipping Me—in spirit and truth.

Always and forevermore,
I am—I am.
Thank you.